

Partners in the Process

Hospice of Holland is here to help. Our bereavement counselors are professionally trained and experienced in walking individuals through the grief process. Hospice of Holland provides a variety of grief support services at no charge. Grief counseling and bereavement support is available to families for 13 months after the death of their loved one.

Because the grief process can be complicated, Hospice of Holland provides short-term individual and family counseling related to grief, loss, and trauma. Sessions are based on the counselor's assessment of need and are provided free of charge to both survivors of Hospice patients and to community members.

to strengthen the spirit
to soothe the body
to quiet the heart

All programs meet at Hospice of Holland, 270 Hoover Blvd., Holland, unless otherwise indicated.

Contact Hospice of Holland at 616.396.2972 for current group schedule and registration.

www.hollandhospice.org

270 Hoover Blvd
Holland, MI 49423
616.396.2972

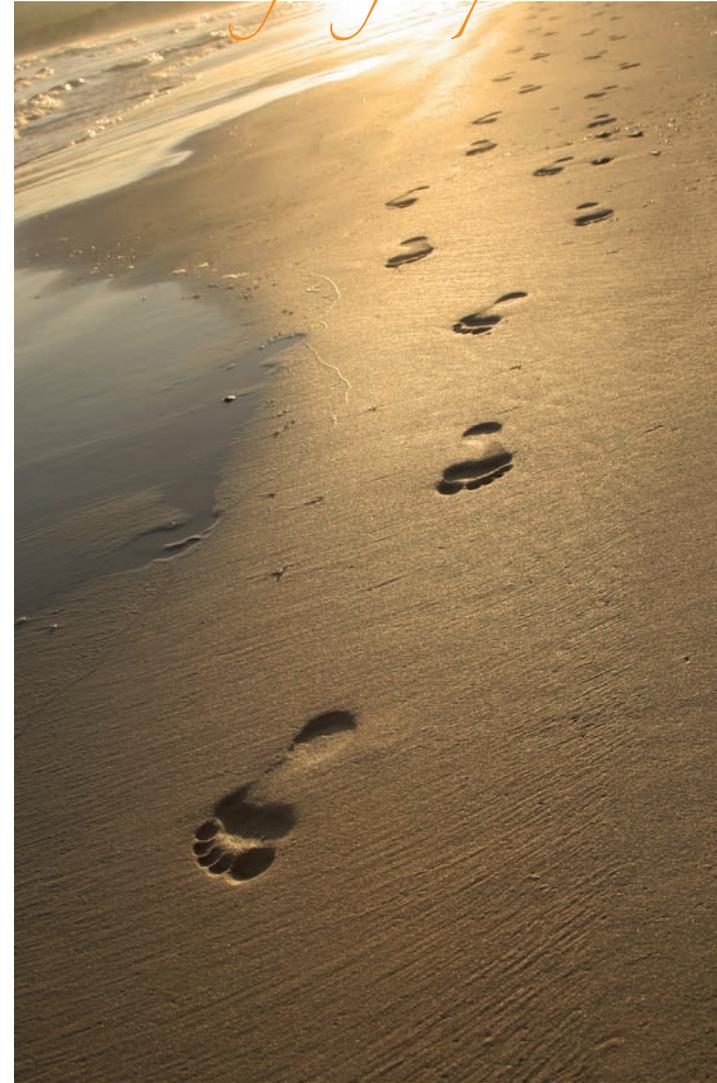
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of holland

Adding More Life to Every Day

Patient services are provided without regard to race, color, religion, age, sex, sexual orientation, handicap, height, weight or national origin.

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Strengthening the Spirit



Bereavement Services

The Journey of Grief

Losing a loved one is one of the most painful experiences an individual faces. Although grief is a normal response to loss, it can be a distressing and often confusing process that touches every aspect of a person's life.

Someone who is grieving may suffer from physical symptoms not limited to headaches, upset stomachs, exhaustion, or tightness in the chest or throat. Emotionally, they may also experience guilt, depression, irritability, absent-mindedness, or even anger with God or the person they've lost. Some may even feel numb.

Everyone grieves in their own way and in their own time. And along the way, their individual symptoms and emotions may fluctuate and change without warning. Although experiencing grief is part of the healing process, it doesn't have to be done alone.



Adult Groups

Understanding Grief

- An educational seminar designed to assist adults in understanding and coping with the grief process. Group schedule is based on participant registration.

Grown Up Tears

- Losing a parent as an adult can make an individual feel that the world is a whole different place. Join with others who have similar stories to learn, share, and explore those losses.

Going Solo

- An ongoing support group for anyone who has experienced the death of a spouse. Held 10:30am to noon on scheduled days.

Meets the first and third Thursday of each month from 10:30 a.m. to noon

Journeys

- Life becomes unbalanced after the death of a spouse/partner. This workshop gives spouses/partners the opportunity to explore their grief and addresses topics such as raising children, financial concerns and reinvesting in the future. Most appropriate for individuals approaching midlife.

To Register

Support is only a phone call away. Contact Hospice of Holland at 616.396.2972 for current group schedule and registration. All evening groups meet from 5:30pm to 7:00pm unless otherwise indicated.

Children's Groups

Kids Grieve Too

- Death and dying are often difficult for children to understand. This group offers age-appropriate activities to assist children in understanding and coping with the loss of a loved one or friend. Meeting in The Loft, our center designed for children and teens, children can experience privacy and comfort while sharing their stories of grief and loss.

Teenage Grief Support

- Caught between childhood and adulthood, teens can be left with a wide range of emotions and concerns when a friend or loved one dies. This program can help teenagers understand and cope with the loss of a loved one.

Camp Hope

- A camp for grieving children. Music, writing, art and movement are used to help children explore and heal their grief. Meets first week in August.

Bereavement Writing Group

- You have stories to tell about important people in your life, about yourself, about the journey of grief. Once a week, for eight weeks, explore how lives have been shaped by grief, and honor the lives of loved ones. Most appropriate for ages 16 and older.

Annual Memorial Service

Hospice of Holland's annual Memorial Service offers an evening to remember, to reflect, and to move forward with hope. Held each May, this service offers family members and staff the opportunity to honor and celebrate loved ones who have died the previous year.